

# KALE AND ROASTED BEETROOT BITES WITH LE GRUYÈRE AOP



Time  
140min



Servings  
4

Calcium Recommended Daily Intake  
47,5%

Calories  
**780**

Calcium  
**647mg**

Protein  
**24g**

Vitamin D  
**0 IU**

## Ingredients

### For the roasted beetroot:

- 500 g beetroot
- 1 onion
- 15 g garlic
- 30 g of thyme
- 1 orange
- 30 g of peeled hazelnuts
- 3 tbsp olive oil
- 1 pinch of salt
- 1 pinch of pepper

### For the pickled yellow beetroot:

- 1 yellow beetroot
- 1 dl white wine vinegar
- 2 dl water
- 50 g sugar
- 5 g of salt

### For the "tacos":

- 500 g kale

### For the hummus:

- 150 g dried white beans (or a jar/can of around 400g)
- 1 lemon
- 3 tbsp roasted sesame oil
- 50 g olive oil
- 1 tsbpt ahini
- 1 pinch of salt

## Instructions

### 1. For the roasted beetroot:

- 1.1** Roughly chop the beetroot into cubes, chop the onion and crush the garlic. Add the olive oil, orange juice, thyme and chopped hazelnuts. Put in an ovenproof dish and cover with aluminium foil. Roast for 60 minutes at 180°C in a fan oven. Check if they have softened and, if necessary, roast for longer at 160°C.
- 1.2** Once out of the oven, lightly mash the beetroot with a fork.

### 2. For the pickled yellow beetroot:

- 2.1** Finely slice the yellow beetroot with a mandolin or cut into thin strips.
- 2.2** Heat the vinegar with the water, sugar and salt. Add the yellow beetroot and leave to infuse for at least an hour.

### 3. For the "tacos":

- 3.1** Take the large kale leaves. Using a cookie cutter, cut rounds of 8cm to 10cm.
- 3.2** Blanch the kale leaves for 2 minutes in boiling salted water then leave to cool.

### 4. For the hummus:

- 4.1** Cook the white beans for an hour in lightly salted water.

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## Ingredients

### For the sauce:

- 75 g Le Gruyère AOP
- 75 g single cream
- 1 pinch Espelette chili powder
- 1 pinch of salt
- 1 pinch of pepper

### For the garnish:

- 1 sprig coriander

## Instructions

- 4.2** Mix the strained beans with the olive oil, sesame oil, tahini and lemon juice. Add 1/2 tsp salt. Gradually add some of the cooking water. The mixture should have the consistency of hummus.
- 5. For the sauce:**
  - 5.1** Heat the cream and melt the Le Gruyère AOP cheese. Season with pepper and Espelette chilli powder. Mix once the Le Gruyère AOP has thoroughly melted.
- 6. For the garnish:**
  - 6.1** Fill the kale leaves with the white bean hummus, roasted beetroot, Le Gruyère AOP sauce and top with coriander and pickles.

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**Tip:** "For the beans, I always prefer dried beans that I soak in water overnight to soften them. Canned beans work well too. Just rinse them before heating them in some water."

Chefs Ben & Léo  
Masterchef Switzerland



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